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ACTRESS DESCRIBES HOW CHOPPING WOOD WAS MORE CHALLENGING THAN SHOOTING A GUN IN THE NEW ACTION THRILLER LOOPER PAGE 15

VANCOUVER metro®

Tuesday, September 25, 2012

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Premier's aide resigns

'Incident of concern.' Chief of staff Ken Boessenkool steps down following event whose details have not been disclosed

Ken Boessenkool, Christy Clark's chief of staff, has resigned immediately and apologized for what the government calls an undisclosed "incident of concern."

Boessenkool, who was hired as chief of staff eight months ago, will be replaced by former BC Hydro chair Dan Doyle.

In a letter made public Monday, Boessenkool says his actions have let down his family.

"Earlier this month I was involved in an incident where I acted inappropriately. I was wrong, regretted my behaviour very much and immediately and unconditionally apologized," Boessenkool writes in his letter of resignation. "This will give me a chance to return to Calgary to be with my family — who I have also let down — and from whom I have been separated on a weekly basis for most of the last eight months."

Clark addressed media Monday morning but said privacy laws prevented her from talking about the specific incident.

Nevertheless, Boessenkool's actions — which apparently were made known after a Global BC investigation into an alleged incident at a Victoria bar — forced Clark to act swiftly.

"When I sat down with Ken, I knew that he would have to resign," the premier explained. "He agreed that was the right course to take. No one expects these kind of things to happen. Sometimes decisive action has to be taken. That's the job, and that's what I did."

Before taking any action, the government launched a two-week investigation as soon as it learned of the incident, Clark said.

The premier said there's no suggestion of any criminal conduct in this case.

MATT KIELTYKA/METRO

Quoted

"When I sat down with Ken, I knew that he would have to resign. He agreed that was the right course to take."

Premier Christy Clark on her former chief of staff Ken Boessenkool

Ken Boessenkool resigned Monday as chief of staff for Premier Christy Clark. HANDOUT

Great pot debate

Municipal leaders to vote on a resolution calling for decriminalization of marijuana in B.C. PAGE 4

All about Steve?

Our quiz may help you figure out whether or not you're dating a narcissist PAGE 18

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Posted online

Apparent video of cat mutilation probed by SPCA

The B.C. SPCA is investigating photos of a cat mutilation posted on a controversial gossip blog.

In a series of photos posted in the Vancouver section of TheDirty.com, four young men are seen huddled over the body of a beheaded cat, ripping its skin off and posing with its detached head.

The post had registered more than 112,000 views by Monday afternoon.

It also caught the attention of the SPCA and police, who launched an investigation Monday to identify the suspects in the photo and determine whether the alleged mutilation had in fact occurred in the Vancouver area.

"We're following a few leads," confirmed Marcie Moriarty, head of the SPCA's animal cruelty investigations unit. "We can't say anything conclusive, but at this time it does not look like (the photos were taken in B.C)."

If investigators determine the photos were taken elsewhere, the SPCA will hand over the case to that jurisdiction.

Moriarty said investigators must also determine whether the cat in the photos was killed by the suspects, or had already been dead prior to the acts depicted in the post.

Either way, the photos in question have shocked investigators and the public, she said.

"The public has definitely responded, appropriately in horror, and I hope other people don't go seeking out the post," she said. "Even if that cat was deceased, it shows a sick intention on the part of the people in the photos. No animal should be treated like that."

THE CANADIAN PRESS

Former premier Gordon Campbell shows off plans for eight supportive housing projects in Vancouver during a press conference in the Downtown Eastside in May of 2010. JEFF HODSON/METRO FILE

Look to Alberta for housing tips: Expert

No home. B.C. should follow model of not discharging mentally ill into homelessness: Study

KATE WEBB
kate.webb@metronews.ca

The author of a new study on the public costs of homelessness says B.C. could learn a thing or two from Alberta when it comes to keeping people off the streets for good.

The study was published Monday by Stephen Gaetz, director of Toronto-based York University's Canadian Homelessness Research Network and the online Homeless Hub. The paper says providing chronically homeless people with supports and housing can save Canadian taxpayers 54 cents on the dollar over leaving them homeless.

Gaetz praised the B.C. government for investing $130 million in protecting and upgrading 2,000 units of affordable housing, but said Alberta is leading the country on the issue by working on a plan to prohibit hospitals from discharging mentally ill people into homelessness.

"If you discharge people into homelessness we know that their mental health will worsen," he told Metro, arguing the same protocols should be put in place for people exiting the prison system.

"The research shows that if you discharge someone from prison into homelessness their chance of reoffending goes up, so not only does it make more sense to rehouse people and make sure they leave prison with housing just from an ethical perspective, it also makes communities safer."

Simon Fraser University professor Michelle Patterson, who is cited in Gaetz's paper for her work on this issue, said the federal government downloaded the costs of social housing onto provincial and municipal governments in the early '90s, to disastrous effect.

"There is always a struggle to really meet the acute demands of rising homeless populations," she said. "I wouldn't say the federal government has really taken up the gauntlet."

Saving money

- In 2008, SFU professor Michelle Patterson published a study cited in Gaetz's paper arguing one homeless person with substance-abuse and mental-health issues in B.C. costs the public system more than $55,000 per year.
- She found if the same people were provided with adequate housing and supports, the cost per person would drop to an estimated $37,000, saving the province about $211 million each year.

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A demonstrator smokes a marijuana cigarette during 4-20 in Vancouver this past April. JONATHAN HAYWARD/THE CANADIAN PRESS

Municipal leaders asked to make a joint effort

UBCM to vote today.
Pro-, anti-pot forces square off as debate kicks off municipal conference

Former British Columbia attorney general Geoff Plant urged mayors and councillors Monday to take a stand and push to change federal marijuana laws to fight drug wars and gang crimes in their communities.

Plant's challenge came during a debate on marijuana decriminalization in a packed conference hall on the opening day of the annual Union of B.C. Municipalities convention, attended by the majority of the province's municipal politicians.

Just say no

"Smoking marijuana is stupid, and you become stupider."

University of the Fraser Valley criminologist Darryl Plecas , who said leaders should help reduce marijuana use because more studies are revealing smoking pot is harmful to young brain development and to regular users

"You all govern and live with the consequences of this disastrous and expensive failure of public policy, and it's entirely appropriate for you to take a stand on behalf of the citizens of the communities you represent for change," he said.

The UBCM is set to vote Wednesday on a resolution calling for the decriminalization of marijuana.

The motion calls for the support of the UBCM, saying marijuana prohibition is a failed policy that has resulted in millions in police, court, social and jail costs.

It states that the decriminalization and regulation of marijuana would provide the province with tax revenues and calls on government to study the regulation and taxation of marijuana.

Dr. Evan Wood, co-founder of Stop the Violence BC, said municipal leaders should step into the debate because even though marijuana laws are federal jurisdiction, their impacts are felt in communities. Wood said drug gangs are killing people and municipalities have the power to lead the way in decriminalizing pot. THE CANADIAN PRESS

Himalayan tragedy

B.C. avalanche survivor to return

A relative of a B.C. man who survived a deadly avalanche in Nepal says the man is hoping to return home soon.

Greg Hill of Revelstoke was on a Himalayan trek when an avalanche rolled through a camp Sunday, killing at least nine people, including a doctor from Quebec, and leaving half a dozen more unaccounted for.

Hill's cousin, Magee Tabah, says she's spoken to Hill's wife, who told her Hill is OK and hoping to return back to Canada soon. THE CANADIAN PRESS

Pot in plain sight. Seized plants valued at $2M

Mounties have seized more 2,000 marijuana plants after busting an outdoor grow operation in Agassiz.

RCMP say the grow op was located in the Chehalis River Valley.

Police moved in on the area Sept. 22 and walked away with more than 2,000 plants, valued at around $2 million.

"Grow-ops in our area are a priority for the Agassiz RCMP and we want to encourage residents to contact us if they suspect a grow op in their area," said Agassiz RCMP spokesperson Const. Josh Roda said in a statement. MATT KIELTYKA/METRO

An outdoor marijuana grow op in the Chehalis River Valley found by RCMP on Saturday. CONTRIBUTED

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RCMP seize drugs, 100-plus guns in northern B.C. bust

Organized crime. Federal enforcement team led 14-month investigation

RCMP seized 110 guns, busted three grow-ops and confiscated an array of drugs following a 14-month investigation into organized crime in northern B.C.

The investigation focused on drug trafficking in Terrace, located 1,300 kilometres north of Vancouver.

Police found more than 500 pot plants and a kilogram and a half of cocaine, as well as ecstasy, hashish, magic mushrooms and prescription drugs.

"This organized-crime group posed a significant threat to the safety and well-being of our community," Insp. Dana Hart, the officer in charge of the Terrace detachment, told reporters in Surrey on Monday.

"The successful enforcement actions we are discussing today represent a strong reminder that smaller communities are not exempt from violence and fear."

They say some of the long guns found at two of the five residences searched were loaded and readily accessible to the occupants.

The investigation was led by the federal drug enforcement team.

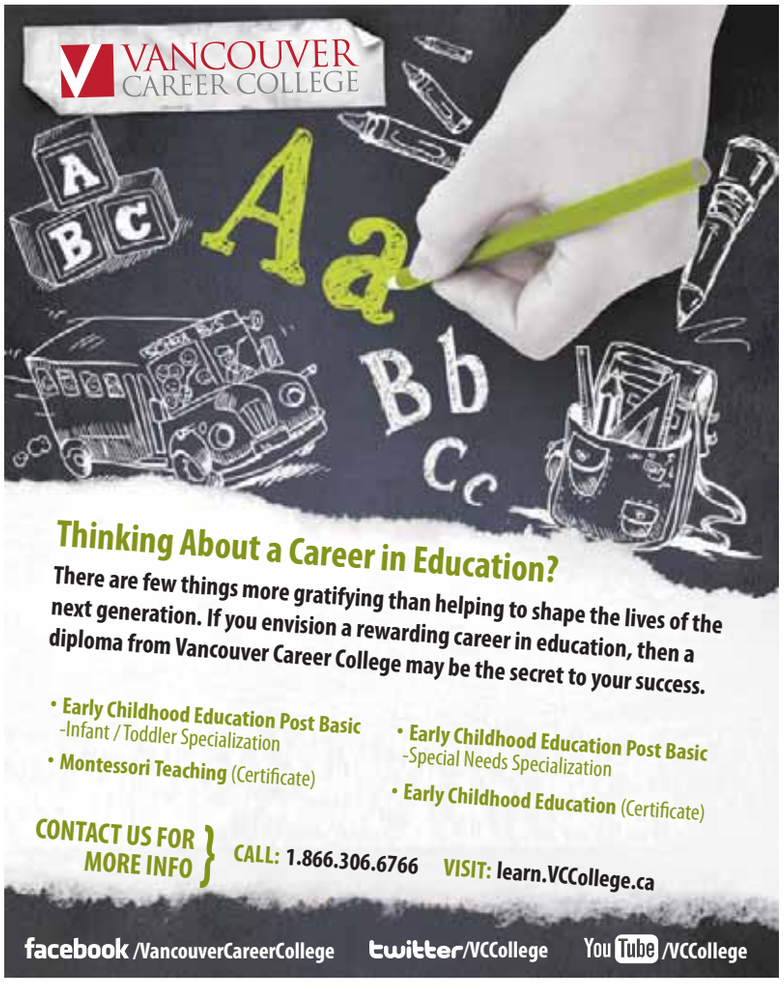
Police did not release the name of the organized-crime group involved in the trafficking in the community of 11,000.

So far, Dave Edwardsen has been charged with 11 drug-trafficking and firearms offences. Edwardsen made a brief court appearance Sept. 20 and has been remanded in custody until his next court date on Oct. 5.

"Additional charges are expected to be laid in the near future against further members of the criminal group," Supt. Brian Cantera, the officer in charge of the drug-enforcement branch in B.C., told reporters.

THE CANADIAN PRESS

Guns, cash, marijuana, cocaine, ecstasy pills, hashish and magic mushrooms are put on display at RCMP headquarters in Surrey Monday. The RCMP announced that they had laid charges in a significant bust on a organized-crime group in Terrace. JONATHAN HAYWARD/THE CANADIAN PRESS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Vancouver city council wants to know why you don't have friends

Vision wants to make Vancouver a less lonely place to live.

The civic party announced its plan Monday to create an Engaged City Mayor's Task Force in response to the Vancouver Foundation's ominous research on social isolation.

The survey, released in June, found a third of people living in Greater Vancouver find it a hard place to make friends, one in four say they are alone more often than they would like, most don't know their neighbours very well, and people are retreating from community life because they don't feel they have anything to offer.

SFU held a community summit on the subject last week, called Alone Together: Connecting in the City.

The task force would be made up of people with experience in citizen engagement and community building. The goal is to have it up and running by December and its recommendations complete by next June.

The motion is set to be tabled by Coun. Andrea Reimer at council's next regular meeting on Oct. 2.

KATE WEBB/METRO

Chilliwack

Mounties seize street-racing vehicles

The RCMP have seized three high-priced cars after a street-racing incident in Chilliwack.

A witness told police four vehicles on the Trans Canada Highway appeared to be travelling more than 130 km/h and were passing vehicles on the shoulder of the highway on Saturday.

Traffic officers saw three of the vehicles that appeared to be attempting to slow traffic to give them room to race.

Police have seized an Audi, a Land Rover and a BMW. THE CANADIAN PRESS

Victoria

Hydrant destroyed in car crash

Officers confronted with sorting out conflicting stories following a messy car crash in Victoria had no choice but to jump in and get their feet wet. Literally.

The incident closed the road at Douglas and Chatham streets for hours yesterday when two vehicles collided at the busy Victoria intersection and one sheared off a fire hydrant.

Fortunately neither the two teens in a 2008 Ford Ranger nor the elderly driver and passenger in a Nissan Altima were badly hurt. THE CANADIAN PRESS

Kelowna

Proclamation spurs abortion-rights protest

Abortion-rights protesters are preparing for a week of demonstrations in front of Kelowna City Hall.

Members intend to rally for one hour every day as they object to a civic proclamation declaring this week is Protect Human Life Week in Kelowna.

They are angry that Mayor Walter Gray refused to rescind the proclamation.

Grey says "human life week" is more like a community event announcement than a political position.

THE CANADIAN PRESS

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RCMP. Workplace advisers, online tool to help report harassment

Policies and procedures are one thing, but Insp. Carol Bradley admits cultural change within the RCMP will take time.

Bradley was appointed by the force's British Columbia division earlier this year to guide the response to a rash of sexual-harassment allegations within the RCMP and to a report, publicly released for the first time last week, that suggested some female officers believe they would face retribution if they complained about abuse on the job.

She's already developed a number of initiatives that are about to be rolled out, including harassment advisers posted across the province and new tools for employees to confidentially report problems with their colleagues and superiors, from workplace bullying to sexual harassment. The measures are in addition to a new team of harassment investigators that was announced in spring of this year.

But Bradley acknowledges much of the debate over sexual harassment within the force has focused on whether there are cultural problems within the RCMP, rather than casting it simply as a problem of policies that need to be updated.

She argues the two are inextricably linked.

"It is a challenge, cultural change, and I'm not going to pretend I have the answer to that," said Bradley, the team leader for the B.C. RCMP's newly created respectful-workplace action plan. THE CANADIAN PRESS

Cases

Allegations from female officers, both in media reports and in lawsuits, have haunted the force much of the past year.

- The cases range from one involving Cpl. Catherine Galliford, a former media-relations officer who alleged years of abuse she says left her with post-traumatic stress, to a class-action lawsuit filed on behalf of 200 current and former officers.

Theft. Suspect in slammer but police still baffled by missing bagpipes

Vancouver police hope a suspect in the recent theft of a set of bagpipes will eventually face the music, but they admit they're still looking for the music.

Investigators say they have arrested the person believed to have stolen a set of Delta police bagpipes and a pipe-band uniform from BC Place after the B.C. Lions halftime show.

The theft occurred Sept. 15 and a suspect was identified a short time later, but when he was picked up, he wasn't carrying the large black duffle bag containing the pipes or the uniform. The missing items have huge sentimental value to both the pipe band and the Delta Police Department and Vancouver officers are pledging to continue the search.

They aren't saying what led them to the suspect but Sgt. Randy Fincham confirms a charge of theft under $5,000 has been laid against Vancouver resident Joel Elliot Nichols.

The 32-year-old remains in custody and is scheduled to appear in court on Thursday. THE CANADIAN PRESS

Olympic bronze medallist Brent Hayden guides Grade 6 students from Southpointe Academy through a Run, Jump, Throw obstacle course Monday at BC Place. The event was the kickoff to the Sports Day in Canada road trip leading up to Saturday's national celebration of sport in communities. PHYLICIA TORREVILLAS/METRO

Olympian helps kick off Sports Day

National celebration. Swimmer Brent Hayden runs obstacle course with Southpointe Academy students

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Brent Hayden is ready to work with the next generation of swimmers and support his wife's passion for music the way she stood by him in his long swim to the Olympic podium.

The Mission native just got back from an action-filled summer — finally winning his first Olympic medal, at the London Games, and marrying his fiancée, Nadina, in her home country of Lebanon a few days later.

And what's next for the 28-year-old?

"I want to stick around coaching at some level; not full time, more like hosting swim camps," he said Monday at BC Place during the kickoff event for Saturday's Sports Day in Canada celebration. "I want to do public-speaking events and I want to get my photography going professionally."

Hayden said it is also now his time to cheer on his wife, who will be releasing her debut studio album, called In The Now, in November.

"I'm going to be supporting her with that the way she's supported me the last few years with my swimming career," he added.

Hayden, together with other Canadian Olympic medallists — soccer player Emily Zurrer and weightlifter Christine Girard — along with Finance Minister Mike de Jong, participated in an obstacle course with Grade 6 students from Southpointe Academy to highlight the value of sport participation.

"You learn competition, teamwork and social skills. You can't learn that sitting in a desk listening to the teacher talk, you have to go out here and learn these things that only sport can provide."

Quoted

"Sport is one of the things that I think really helps a kid grow. You learn competition, teamwork and social skills."

Canadian Olympian Brent Hayden

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A television monitor shows former FBI agent Joseph Pistone, a.k.a. Donnie Brasco, testifying Monday in Montreal behind a screen at the Charbonneau inquiry looking into corruption in the Quebec construction industry. Pistone infiltrated the Bonnano family and was the subject of the movie Donnie Brasco. RYAN REMIORZ/THE CANADIAN PRESS

Quebec inquiry hears of inner workings of Mob

'Donnie Brasco' testifies. Underlings have to carry out orders without question — even to kill, ex-FBI agent says

The man who infiltrated the New York Mafia and inspired the movie Donnie Brasco is describing how he saw the underworld take over the construction businesses using methods that would be familiar to Quebecers today.

Joseph Pistone, a legendary FBI agent who spent six years undercover as a Mafia associate starting in the late 1970s, told the Charbonneau Commission about the inner workings of the Mob in the United States during his testimony on Monday.

He described its control over labour unions and businesses that owned raw construction materials — so it consistently managed to claim a piece of the profit, even for public contracts where a Mob-linked company wasn't ostensibly involved.

Pistone, now 73, discussed the ways of the underworld, including its moral codes and its list of offences that would get people killed. But what he has not done, so far, is delve into the workings of the Canadian Mafia.

He had just begun discussing ties between the New York families and their Canadian counterparts when the testimony broke for lunch. When he came back in the afternoon, he discussed the construction industry. THE CANADIAN PRESS

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Health officials monitoring fatal SARS-like virus

Familiar scene? So far there is no connection between the cases except for a history of travel in Saudi Arabia

Global health officials are closely following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain.

The germ is a coronavirus, from a family of viruses that cause the common cold as well as SARS, the severe acute respiratory syndrome that killed some 800 people, mostly in Asia, in a 2003 epidemic.

In the latest case, British officials alerted the World Health Organization on Saturday of the new virus in a man who transferred from Qatar to be treated in London. He had recently travelled to Saudi Arabia and is now being treated in an intensive-care unit after suffering kidney failure.

Hajj pilgrimage

Saudi officials said they were concerned the upcoming hajj pilgrimage next month, which brings millions of people to Saudi Arabia from all over the world, could provide more opportunities for the virus to spread.

- They advised pilgrims to keep their hands clean and wear masks in crowded places.
- The hajj has previously sparked outbreaks of diseases including the flu, meningitis and polio.

Health officials don't know whether the virus could spread as rapidly as SARS did or if it might kill as many people.

"It's still (in the) very early days," said Gregory Hartl, a WHO spokesman. "At the moment, we have two sporadic cases and there are still a lot of holes to be filled in." THE ASSOCIATED PRESS

A man wears a protective mask as he carries a bouquet of flowers at Women's College Hospital in Toronto in March 2003. Global health officials are following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain. THE CANADIAN PRESS FILE

'Hooey.' Clement dismisses use of ghostwriter

Treasury Board President Tony Clement is dismissing as "hooey" a report suggesting he was not the author of his own tweets during an online town hall last year.

The Canadian Press, citing documents obtained under the Access to Information Act, reported this week that Clement's staff did much of the tweet composition.

The documents said Clement had employed a "ghostwriter" to create tweets and that some were written before the town hall last December as stock answers.

"The ghostwriter worked with subject matter experts to identify responses to questions and then worked with Clement to determine how to tweet in his voice," the documents said.

But the minister took to Twitter on Monday to deny the report. "That's a bunch of hooey," Clement wrote. "Docs are wrong. I directed the responses." THE CANADIAN PRESS

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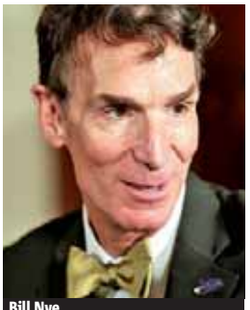
Nye the Science Guy takes on creationists

Debate. Iconic host of scientific children's program criticizes push away from teaching evolution in U.S. schools

The man known to a generation of Americans as "The Science Guy" is condemning efforts by some Christian groups to cast doubts on evolution and lawmakers who want to bring the Bible into science classrooms.

Bill Nye, a mechanical engineer and star of the popular 1990s TV show Bill Nye the Science Guy, has waded into the evolution debate with an online video that urges parents not to pass their religious-based doubts about evolution on to their children.

Nye has spent a career teaching science to children and teens with good-natured and sometimes silly humour, but has not been known to delve into topics as divisive as evolution.



Bill Nye
THE ASSOCIATED PRESS FILE

Christians who view the stories of the Old Testament as historical fact have come to be known as creationists, and many argue that the world was created by God just a few thousand years ago.

"The Earth is not 6,000 or 10,000 years old," Nye said in an interview with The Associated Press, citing scientists' estimates that it is about 4.5 billion years old. "It's not. And if that conflicts with your beliefs, I strongly feel you should question your beliefs."

Millions of Americans do hold those beliefs, according to a June Gallup poll that found 46 per cent of Americans believe God created humans in their present form about 10,000 years ago.

Nye, 56, also decried efforts in recent years by lawmakers and school boards in some U.S. states to present Bible stories as an alternative to evolution in public schools. Tennessee passed a law earlier this year that protects teachers who let students criticize evolution and other scientific theories. That echoes a Louisiana law passed in 2008 that allows teachers to introduce supplemental teaching materials in science classes.

"If we raise a generation of students who don't believe in the process of science, who think everything that we've come to know about nature and the universe can be dismissed by a few sentences translated into English from some ancient text, you're not going to continue to innovate," Nye said in an interview. THE ASSOCIATED PRESS

Germany

No sacraments without taxation

A Catholic reform group in Germany criticized the country's bishops Monday for declaring that believers who refuse to pay religious taxes won't be able to receive the sacrament, become godparents or work in church institutions. A century-old agreement with the state adds up to nine per cent to the income-tax bill of Germany's 25 million registered Roman Catholics, earning the church more than $5.2 billion US annually. The same tax applies to Protestants and Jews.
THE ASSOCIATED PRESS

Saudi Arabia

Nigerian women kept from Mecca

Nigerian officials say 398 Muslim women travelling to Mecca were temporarily held at a Saudi Arabian airport for travelling without male relatives. Spokesman Uba Mana said the women were allowed to proceed with their pilgrimage Monday. An agreement allows Nigerian women to perform hajj without a male relative.
THE ASSOCIATED PRESS

Prelude to Yom Kippur

Ultra-Orthodox Jews surround a pool as they participate in a Tashlich ceremony in the Israeli town of Bnei Brak on Monday. Tashlich, which means "to cast away" in Hebrew, is the practice by which Jews go to a large flowing body of water and symbolically "throw away" their sins by throwing a piece of bread, or similar food, into the water before the holiday of Yom Kippur, which starts on Tuesday.

ODED BALILTY/THE ASSOCIATED PRESS

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'Still too pricey'

Facebook stock takes another dive

Facebook Inc.'s stock took a hit on Monday after an article in the financial magazine Barron's said it is "still too pricey" despite a sharp decline since its initial public offering.

Though Facebook's stock has plunged since its May IPO, Andrew Bary at Barron's said the stock trades at "high multiples of both sales and earnings, even as uncertainty about the outlook for its business grows."

Facebook's stock fell $2.20 US, or 9.6 per cent, to $20.66 US in afternoon trading. The company went public on May 18 at a share price of $38 US.

THE ASSOCIATED PRESS

Code-share agreement

WestJet adds BA to network

WestJet Airlines Ltd. has added British Airways as its eighth code-share partner, enabling the U.K. carrier to sell seats on WestJet's planes. The deal is meant to draw more international travellers into WestJet's network. THE CANADIAN PRESS

Labour negotiations

CAW asks Chrysler workers to hang on

The Canadian Auto Workers urged its members at Chrysler to be patient and stay on the job as formal talks resumed Monday, following a weekend pause while the union ensured ratification of a deal with Ford. THE CANADIAN PRESS

Consumer debt

Canadians don't mind borrowing, survey finds

A new poll suggests that most Canadians are quite comfortable with using debt as a financial strategy — at a time when debt loads have risen to alarming new highs.

The survey, done for bankruptcy trustees Hoyes, Michalos & Associates, finds nine out of 10 respondents would consider borrowing money to cover an unexpected cost.

The poll by Harris/Decima asked respondents how confident they were about being able to raise $2,000 within a month if an unexpected need arose.

THE CANADIAN PRESS

Mortgage rules slow housing market: Report

August figures. Sales drop occurred in 21 of 28 metropolitan areas across Canada, says Conference Board

Canada's housing market appears to be cooling across the board in the face of tighter mortgage rules that affect many first-time buyers of modest means, a new analysis from the Conference Board shows.

The think-tank's snapshot of resales for August shows a widespread decline in sales of existing homes, with 21 of 28 metropolitan markets registering a drop from July, and 16 of the markets showing a falloff of five per cent or more.

As well, listings fell in 17 of the 28 markets, a sign that owners were reluctant to place their homes for sale due to soft conditions.

Senior economist Robin Wiebe of the Conference Board said there was evidence of cooling in some markets — particularly Vancouver and Victoria — before the new rules went into effect July 9. But the new data shows the slowdown has spread to most markets and from coast to coast.

"When you see sales down in three-quarters of the market, that means it's pretty widespread," he said. "It's knocked previously high-flying markets like Regina and Saskatoon down a peg. Vancouver had been showing signs of cooling, now it's spread out into the Fraser Valley."

Still, the latest data shows that while sales and listings are down, prices appear to be holding steady.

THE CANADIAN PRESS

Market Minute

DOLLAR
102.17¢
(-0.25¢)

TSX
12,313.54 (-70.06)

OIL
$91.93 US (-$0.96)

GOLD
$1,764.60 (-$13.40)

Natural gas: $2.837 (-4.8¢)
Dow Jones: 13,558.92 (-20.55)

Wrong call: iPhone 5 sales disappoint analysts

Staff welcome customers on Friday at the Apple store in Hong Kong, as sales of the new iPhone 5 got underway. On Monday, Apple Inc. said it sold more than five million units of the iPhone 5 in the three days since the model's retail launch — less than analysts had expected. KIN CHEUNG/THE ASSOCIATED PRESS

Employee brawl. iPhone maker halts production in China

The company that makes Apple's iPhones suspended production at a factory in China on Monday after a brawl by as many as 2,000 employees at a dormitory injured 40 people.

The fight, the cause of which was under investigation, erupted Sunday night at a privately managed dormitory near a Foxconn Technology Group factory in the northern city of Taiyuan, the company and Chinese police said. A police statement reported by the official Xinhua News Agency said 5,000 officers were sent to the scene.

The Taiwanese-owned company declined to say whether the factory was involved in iPhone production. It said the plant, which employs 79,000 people, would reopen Tuesday.

Foxconn makes iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. It is one of China's biggest employers, with 1.2 million workers in factories in Taiyuan, the southern city of Shenzhen, in Chengdu in the west and in Zhengzhou in central China.

THE ASSOCIATED PRESS

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369

LINEUPS ARE FOR LUSHES

SHE SAYS...
Jessica Napier
metronews.ca

Last Saturday, I found myself in a position I swore I'd avoid forever: standing in line for a bar and hating every minute of it. Strangely, I felt as if I was the only person who understood what an awful reality the monstrously long line presented.

Didn't the crowd of Party-Rock enthusiasts surrounding me realize the one-in-one-out policy meant they'd be going inside roughly five minutes before last call? No, they were snapping Instagram selfies and seemingly oblivious to the chilly, just-turned-fall breeze on their inexplicably bare arms and legs.

But seriously, why wait?

"For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship."

There is a certain kind of cynicism, or maybe we'll call it wisdom, that comes with age that dictates just how long you're willing to stand in line to go to *the* bar of the moment. I guess the under-25 set just has much more stamina when it comes to late-night lineups.

Most people would agree that waiting in line can be a frustrating, anxiety-inducing and altogether boring process. But we tend to experience lineups in different ways based on our desires, expectations and whether or not we enjoy the company we're with.

In his article The Psychology of Waiting in Lines, former Harvard Business School professor David Maister examines how businesses and service organizations can improve the experience of waiting in line. Maister insists that it's how we wait — not how long we wait — that counts.

Lines we perceive to be unfair, unexplained or uncertain will always seem longer. Comparatively, queues that are reasonable, explained and predictable are much more bearable. Maister also points out that occupied time feels shorter than unoccupied time. This is why you'll find bad magazines in the waiting room at the dentist and mirrors in elevators.

Sometimes, lineups themselves aren't just a means to an end, but part of the overall experience. Last week, devoted fan-boys and girls camped out at Apple stores around the world in anticipation of the release of the iPhone 5, a shiny new smartphone marginally better than its predecessor. For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship.

Ultimately, lineups are inevitable and unavoidable — at airports, in emergency rooms and for every single public female bathroom in existence — but it isn't always the length of the line that determines whether or not something is worth the wait.

Unless it's already 1 a.m. and you're standing (in heels) behind 50 people in line for a bar. Then it's just time to go home.

Follow Jessica Napier on Twitter @MetroSheSays

How long you are willing to wait in line at a bar is correlated to the amount of alcohol you've consumed, presumably. SHAKESTERCODY/FLICKR

That's a jump to remember

KOEN VAN WEEL/EPA

War commemoration

Troops honour dead with airplane drop

Up to 1,100 troops from Holland, Belgium, Britain, Canada, Germany and the U.S. parachuted from airplanes above Ginkel Heath in the Netherlands.

The annual paratrooper drop this past weekend was to commemorate the Second World War's Battle of Arnhem, a significant airborne attempt by the Allies to cross the Rhine River.

METRO

Organizer's viewpoint

"It was a perfect opportunity for active servicemen to perform a true paratroop drop with their NATO allies."

Thijs van der Laan, communication advisor at the Airborne Commemoration Foundation (for the Battle of Arnhem)

Van der Laan told Metro that preparations to celebrate in two years, which will mark the 70th anniversary of the battle, are already underway. He noted that high members of the British and Dutch royal families would be in attendance.

History unearthed

Soldier's body found before ceremony

This year's commemoration was given added significance with the discovery of a British paratrooper's remains, almost 68 years to the day after he was killed in action.

The body — believed to be that of a soldier from Britain's 4th Parachute Brigade — was found with a metal detector. Two hand grenades were located near the body — the explosives were detonated on the spot.

METRO

Active paratroopers perform a drop to commemorate a famous battle. KOEN VAN WEEL/EPA

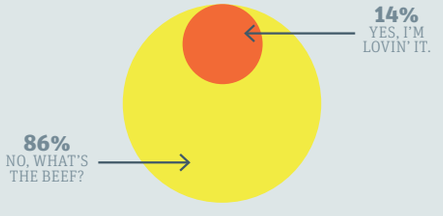
Online

Check out the video at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you go to a vegetarian McDonald's?



Twitter

@WalterWellsRltr: Thx @sarahblyth for getting dunked to raise $ for Children's Hospital. Without the sun it was so cold. What a trooper! pic.twitter.com/SkcGBYsD

@VIAwesome: So @BrentToderian is #inthevillage giving a tour to 45 Copenhagen architects + builders with urban designer Scot Hein today!

@BrentToderian: #Çopenhagen-ers noting small details they like; #OlympicVillage temp dog area separated for small v big dogs @parkboard pic.twitter.com/x5b8cd2g

@MetroVancouver: Recycling a mattress is a bit like making one, except in reverse and can take 10 minutes. Learn how! Video http://ow.ly/dX7Ul

@greenestcity: Did you know about @Evergreen-BC's Great Northern Way Urban Orchard? http://ow.ly/dXheV Love their guide on growing fruit trees in Van!

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DVD Reviews

The Avengers
Directed by: Joss Whedon and Zak Penn
Starring: Samuel L. Jackson, Robert Downey Jr., Mark Ruffalo and Scarlett Johansson

••••

You don't have to sport a propeller beanie to enjoy The Avengers, which may be the highest possible praise for what director Joss Whedon and co-writer Zak Penn have wrought in their energizing superhero adventure. Whether you love or merely like The Avengers will likely come down to the performances of the ensemble, and not the perfunctory plot or the on-the-fly back story. And what an ensemble it is. Samuel L. Jackson is Nick Fury, the director of a global peacekeeping agency comprised of a fistful of Marvel Comics superheroes that include Iron Man (Robert Downey, Jr.), The Hulk (Mark Ruffalo), Captain America (Chris Evans), Thor (Chris Hemsworth) and newcomer to the team the Black Widow (Scarlett Johansson), a lethal gymnast.
PETER HOWELL

Damsels in Distress
Directed by: Whit Stillman
Starring: Greta Gerwig and Adam Brody

•••◦◦

Whit Stillman's screwball college comedy Damsels in Distress is only the fourth film in his 22-year career and his first since The Last Days of Disco in 1998. Perhaps he needs all that time to write and store up the amusing aphorisms that issue from the mouths of his creations. He reserves his best bon mots for lead damsel Violet (Greta Gerwig), who leads a quartet of do-gooders determined to help people improve themselves at Seven Oaks College, even if it kills them.
PETER HOWELL

Action thriller Looper has Emily Blunt doing some crazy stunts. ALAN MARKFIELD/HANDOUT

Getting physical with Looper actress Emily Blunt

Q & A. Actress dishes on her rough-and-tumble role while giving us a taste of her nerdier side

NED EHRBAR
Metro World News in Hollywood

We sat down with Looper star Emily Blunt to talk about getting physical for her role in the film — namely, wielding a shotgun and an axe, despite the proper training — and how she got back at director Rian Johnson.

She also got into a bit of name-calling when the subject of time travel came up, but she can get away with it.

In this movie, you are quite handy with a shotgun.
Yeah! I hopefully didn't look like a sissy, so that's good.

No, you were very convincing, very threatening. How much prep did you do for that?
With the shotgun? The thing I prepped for, actually, was the chopping wood.

That's the thing I practiced for about a month beforehand in my backyard.

I had this guy come over and deliver logs and an axe, and he was like, "There you go." And I was like, "Oh, I don't know how to do this," and he was like, "I don't know how to do this either."

So I just practiced for a while. And that was probably the hardest scene to shoot, the chopping wood scene. Physically, by the end of the day I was just like, "Argh!"

I don't know how many takes you had to do...
A lot. A lot.
And did you exact any sort of revenge on Rian for making you chop so much wood?
I don't think I did, actually. I mean, maybe the most vengeful thing that happened was that we had to put fake blood on everyone, and the little boy hated it, so we doused Rian with fake blood as well just so he would feel like one of the team.

But it didn't help. The kid still hated it.

That's good, I think, that the kid hated being doused in fake blood.
Well, he should, right? He's five. He should hate that.

I'm still trying to wrap my head around the fact that the guy who delivers the wood and the axe doesn't know how to use it.
I know, I know. He just dropped the logs off and was like, "I think you kind of do it like this." I was like, "Oh great. I'll figure it out."

I wanted to talk a little bit, briefly about time travel...
Nerd.

Yes, yes. I am. Did you guys spend any time off-screen actually trying to wrap your heads around time travel?
I mean, I never get too wrapped up in the technological stuff. I don't really geek out for that stuff. I'm not the best person to nerd out with over time travel.

Exclusively online

Visit metronews.ca/scene to see our video interview with Emily Blunt.

SCENE2

On the web

Qriket

Drake, Japandroids, Feist? Find out if one of them or another talent won the Polaris Music Prize last night by scanning this code or visiting metronews.ca.

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It's been a wild ride to fame for Brooklyn's Grizzly Bear

Content as they are. Don't expect to be seeing them filling any arenas soon, but they will keep on touring, appearing on TV

Chris Taylor and Ed Droste of Grizzly Bear performing at the Coachella festival last April. GETTY IMAGES/NOEL VASQUEZ

The things you do for art. In August, a month shy of the release of Brooklyn-based quartet Grizzly Bear's fourth album, Shields, the band appeared on The Colbert Report packed in a tiny dinghy with host Stephen Colbert, wobbling precariously like they might capsize at any moment — which was not part of the script.

"I don't think Colbert realized that there was a simulated water cushion underneath that would start rocking," says Grizzly Bear founder, singer and keyboard player Ed Droste. "He was like, 'Oh my God, who chose this?'"

It was an unusual situation — but all present took it in stride.

"We don't usually get to do interviews on television. We usually just play the song. So, that was new for us. He was really fun to chat with, of course. It was totally fun, we had a great time."

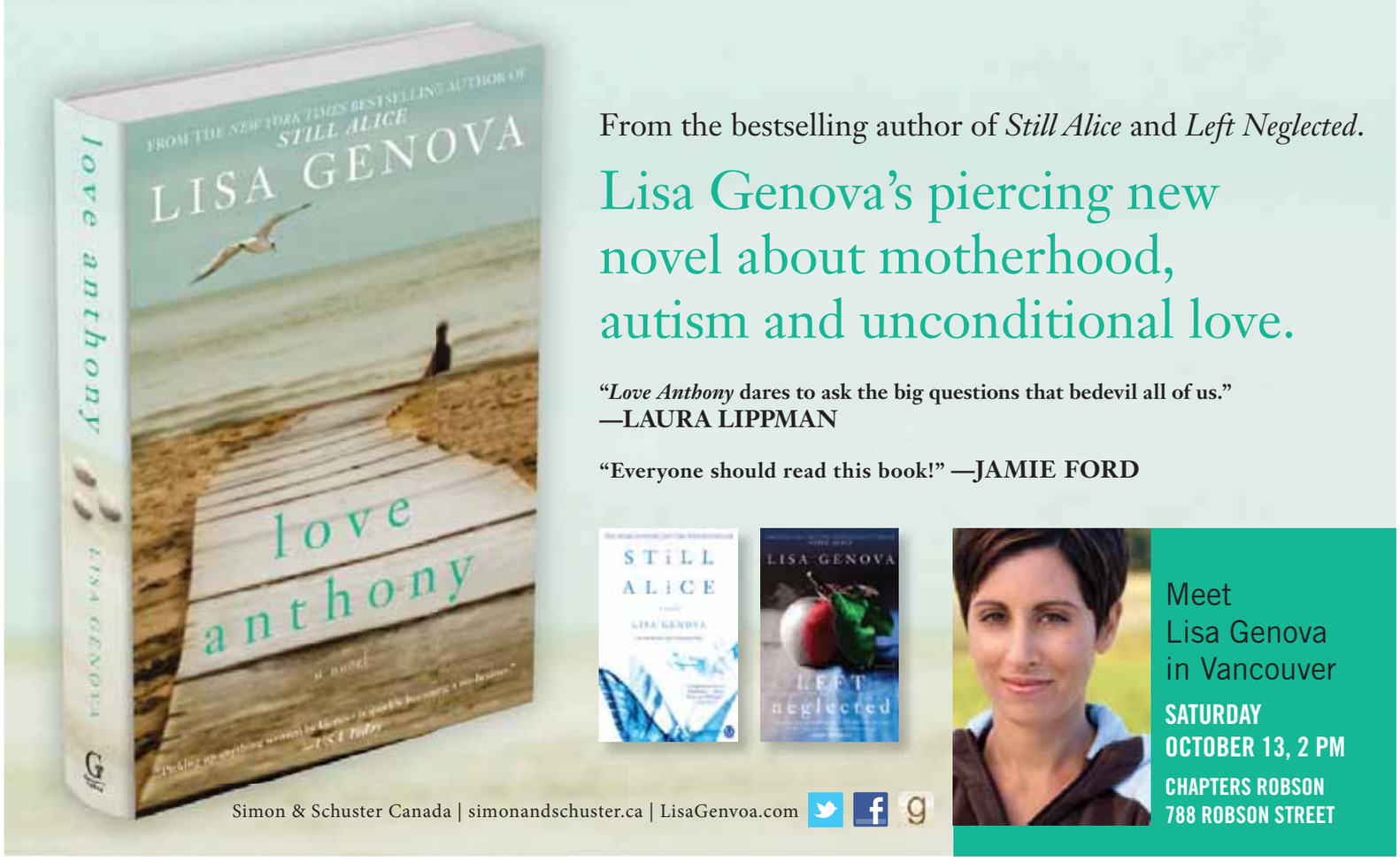
Droste says more awkward situations arose when the band first started.

"The oddest situation was back when we were unknown and we'd book our own tours," he says. "I remember playing this diner in Minneapolis, which had this little stage attached. There were four people watching us, but mostly it was people eating tuna melts and thinking it was loud, and 'Who are these people?'"

Now that Grizzly Bear have boated with Colbert, backed Ryan Gosling — their songs dominate the Blue Valentine soundtrack — can there be any career goals left?

"We're just happy doing what we're doing. Just being where we are now. There's no goal to fill arenas or anything like that," says Droste. "We don't make that kind of music."

Droste admits that recording the band's proggy-influenced new album, Shields, was challenging. "[It] can be very difficult with four strong-minded people in the band," he says. "There are challenging moments where people might disagree. But if everything came really easily and we all agreed we'd think, 'OK, we have a problem here.'" THE ASSOCIATED PRESS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LISA GENOVA
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Billie Joe Armstrong ALL PHOTOS GETTY IMAGES

He doesn't want to be an American idiot: Billie Joe heads to rehab

Green Day frontman Billie Joe Armstrong stunned a Las Vegas audience over the weekend with a guitar-smashing outburst after being told to wrap up his band's set. Instead, he flew into a rage, smashed his guitar, yelled at the audience and stormed off the stage. Now, it turns out it wasn't just a simple tantrum, as Armstrong is headed to rehab. "Green Day's Billie Joe Armstrong is seeking treatment for substance abuse," the band's rep said in a statement Sunday. "Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

All-star apology

"Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

Representative for Green Day

Lawyers putting the kibosh on Kanye tapes?

It looks like there could be some truth to the rumours of a Kanye West sex tape — or two, even — now that lawyers for the rapper have sent out a cease-and-desist letter to multiple media outlets demanding they take down posts featuring a screen shot allegedly from the video, according to AllHipHop.com.

"Be advised that the screen shot, as well as the tape from which the screen shot was taken, were illegally obtained and believed to have been stolen from Mr. West's computer," West's attorney writes in the letter.

And according to TMZ, there's a second sex tape featuring the rapper being shopped around.

"Both tapes are impressively long. The first is roughly 20 minutes," source tell the website. "The second is more than 40."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

How does John Mayer do it?

THE WORD
Dorothy Robinson
scene@metronews.ca

John Mayer's little black book reads like a who's who of GQ magazine covers: There's Jennifer Love Hewitt, Jessica Simpson, Jennifer Aniston, Minka Kelly, Taylor Swift, and, most recently, new divorcee Katy Perry.

But Perry's friends are worried about the singer due to Mayer's lady killer reputation, according to Radar Online. Sources say her pals are urging her to end it with Mayer before she gets too attached. "Katy's friends and family haven't taken to John at all. In fact, they are worried that she is headed for heartbreak," a source says. "Despite the fiery image Katy likes to present, she's actually more fragile than that, and when John dumped her a few weeks after they first got together she was devastated. Now that she has invested more feelings in John and has let her guard down, there's only one way this can end — in disaster."

Disaster — or an eventual song about Mayer and his heartbreaking ways. Or, depending on how you feel about Katy Perry's singing, it could be both.

Property Brothers
See dumps turn into dream homes with a little magic from Drew and Jonathan.
New Episode Tonight at 8 pm
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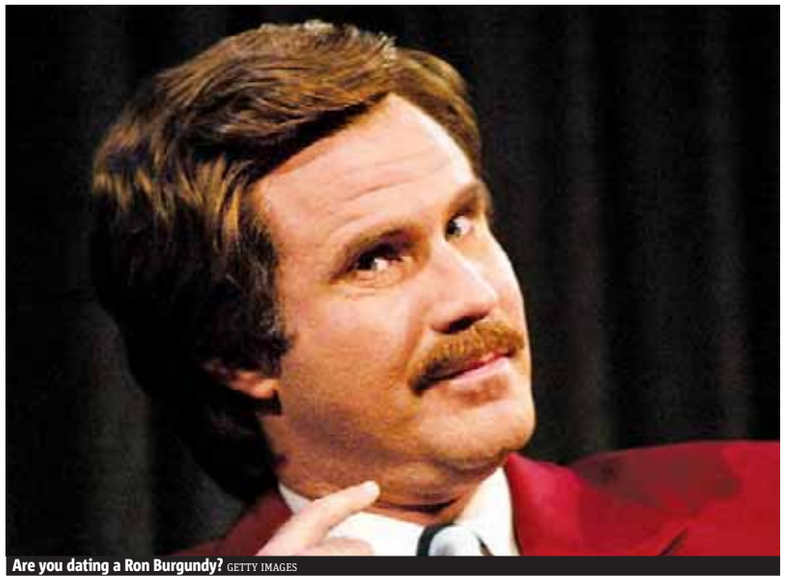
LIFE 3

Are you dating a narcissist?

Quiz. Your new guy seemed confident, loving and outgoing, until he slowly became critical, jealous and self absorbed

ROMINA MCGUINNESS
life@metronews.ca


Are you dating a Ron Burgundy? GETTY IMAGES

Confidence. It's attractive in a man. But when dating, sometimes it's hard to determine where his healthy ego starts and narcissism begins. Is your man in love with you? Or himself? Or rather, does this sound familiar?

"Initially, you buy into this inflated image," says Gail Saltz, a psychoanalyst from New York. "But eventually, you come to realize the difference between confidence and insecurity covered over with swagger."

We asked the experts where this behaviour comes from.

"Narcissism stems as a reaction to a home environment where a child wasn't allowed to develop an autonomous self," posits Sam Vaknin, author of Malignant Self-Love. "The child creates a 'false self' who is everything that the narcissist is not, but would like to be. Narcissism is a shell and inside there is a huge void. The narcissist does not know what it means to be himself — and as a result, has zero empathy."

To help, we put together a small quiz to help you figure out if your super 'awesome' and confident guy is a narcissist.

Quiz: Are you dating a narcissist?

1. By the end of your first date together you are:
A: Still trying to get over the fact someone so cool, attractive, successful and exciting wants to date you.
B. Whoa! Chill out — you're still not sure if there's going to be a date two.
C. The love of his life.

2. He uses the back of his iPhone as:
A. A mirror — he checks himself out every two seconds.
B. A ruler (hopefully not to rack out lines of cocaine).
C. A shrine to you. He's stuck a giant photo of you on it.

3. Sex is:
A. Less about your pleasure in the moment than his aggrandizement. It's all about his amazing body, crazy moves and his swagger.
B. Fair play: You both give and take.
C. Mind-blowing, mostly because he makes it all about you.

4. His group of friends….:
A. He fell out with his closest friends before you met. The ones he has now are like the hangers-on in Entourage.
B. Game of Thrones meets How I Met Your Mother meets Gossip Girl. Full of drama, hate, sex, lies, backstabbing — but mostly love.
C. Super tight. They've been friends since school and share spreadsheets to plan holidays and nights out.

5. He's cheated on you…:
A. Three to four times. That you know of.
B. You both sort of cheated once — but it was a Ross-Rachel thing. You were on a break.
C. He panics every time someone hits on him, let alone tries to kiss him.

6. The two of you bump in to your (hot) ex:
A. He immediately picks a fight because your ex looked you 'in the eye' and threatens to beat him up if he ever comes near you ever again. You, the ex's wife and his kids all witnessed the scene.
B. He just feels sorry for the guy. He doesn't know what he's missing out on since he's no longer with you.
C. He manages an awkward smile but he's so pale and stressed out it looks like he's about to pass out.

7. You've just been made redundant and you come home sobbing:
A. He tells you to get a grip, turns on the TV and spends the whole evening complaining about his lame $4,000 bonus and imminent pay raise.
B. He reminds you that you hated your job and wanted to quit anyway. At least this way you'll get a good payoff.
C. He helps you spruce up your CV, agrees to watch The Notebook without complaining and books you a spa weekend using his bonus money.

8. He spends his spare cash on:
A. Flashy cars, nights out, expensive watches, gadgets (he's on the waiting list for the iPhone 5). He updates his wardrobe every season, and yours. He doesn't want you cramping his style.
B. Fixing up his beat up car, beer and pizza.
C. You.

9. Your phone rings in the middle of the night:
A. You look out the window and see him standing on your doorstep: you didn't text him back so he's come to find out why.
B. Nothing major, just a bootie call.
C. You forgot your USB key at his house, the one with the presentation for those potentially huge clients. He's here to return it.

10. You say: Honey, that polka-dot shirt is a little too much:
A. How dare you question his taste? He goes mental at the fact that you've contradicted him and spends the rest of the night sulking. You get the message; never criticize him. Ever again.
B. But he totally digs his spotty shirt! There's no way he's changing.
C. He changes into the shirt your mother (i.e. you) gave him last Christmas.

SCORES:

If you scored a majority of A's
The narcissist boyfriend: Your boyfriend sounds like he could be a narcissist. That or he's so selfish he doesn't really care about you and your needs.

If you scored a majority of B's
The super chilled boyfriend: You're dating a no-nonsense dude. He's chilled and cool.

If you scored a majority of C's
The love struck boyfriend: Your boyfriend is so in love with you that you don't need to worry about him being a narcissist. If anything, he should think about his needs a little more.

By the numbers

3

Narcissism is three times more common in men than in women.

On the web

Health agencies aim to address the problem of providing health services to the Roma

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Best Health

Coconut water is packed with health benefits. ISTOCK PHOTOS

Check out the buzz-worthy foods

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the October issue of Best Health magazine — our annual Eat Well issue — dietitian Matthew Kadey looked into some of the foods that are causing a buzz lately. Here are a few.

Coconut water
A growing list of Hollywood celebs are raving about it, and more and more stores are carrying it. Coconut water is extracted from young coconuts and has only small amounts of sugar. Not to be confused with higher-fat coconut milk, coconut water is fat-free, tangy but slightly sweet and is full of the electrolyte potassium, which lowers blood pressure. In fact, just one cup of it has more potassium than a banana.

Avocado oil
It contains lutein, which helps promote healthy vision, and has a higher smoke point than olive oil so it works well for higher-temperature cooking such as stir-frying. Plus, more than 70 per cent of the calories in this buttery, green-tinged oil come from monounsaturated fat. This helps boost HDL (good) cholesterol.

Hemp beverage
Made by blending hemp seeds with water, this drink has a nutty flavour. Among non-dairy drinks including soy, almond and rice, hemp provides the most omega fats, which improve health. (However, soy has more protein.) Hemp is also a natural source of iron.

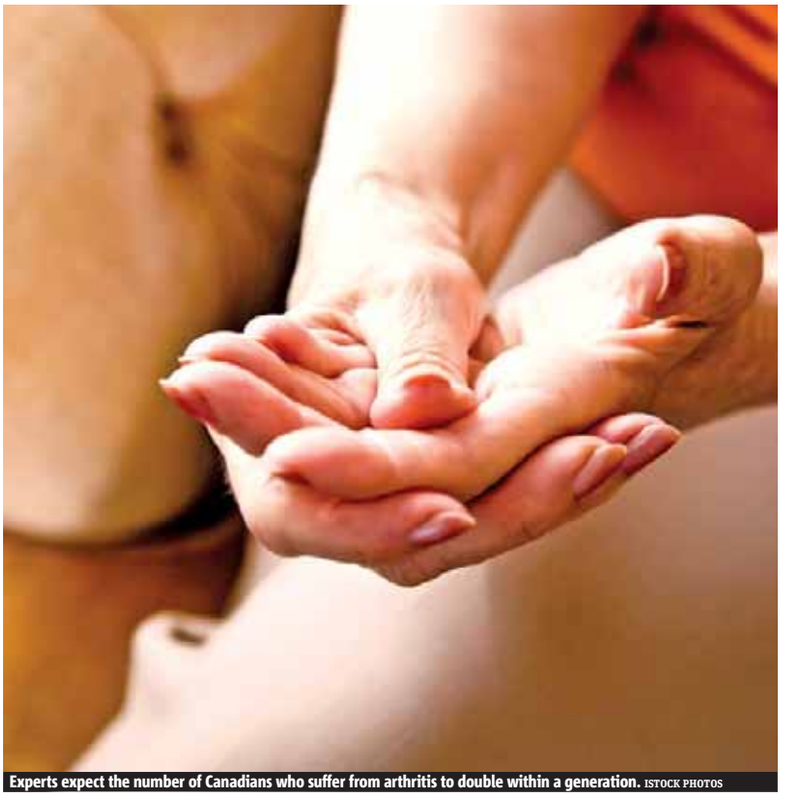
For more new foods look for the October issue of Best Health magazine, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Arthritis not just an elderly ailment anymore

Health care. More than four and a half million Canadians are affected by the disease, and experts expect that number to rise

CELIA MILNE
life@metronews.ca



Experts expect the number of Canadians who suffer from arthritis to double within a generation. ISTOCK PHOTOS

Linda Wilhelm was only 23-years-old — with a newborn baby and a two-year-old — when she was diagnosed with rheumatoid arthritis.

The disease hit her hard. She would eventually need two knee and two shoulder replacements, a new hip, an ankle fusion, a wrist fusion and an artificial elbow.

While her suffering has been more dramatic than most, her story is familiar to many.

She bounced from doctor to doctor, and no one had a care plan for her.

More than 30 organizations involved in arthritis hope to change that.

Last week, they launched a new national framework called the Joint Action on Arthritis.

It is designed to coordinate arthritis efforts around the country, improve prevention and care, raise awareness of the disease, and strengthen research dollars.

Wilhelm, a mother of three and a grandmother living in Midland, N.B., told her story at the Calgary launch, and was optimistic.

"I'm excited to see the launch of this framework, so nobody will fall through the cracks in our health care system."

Approximately 4.6 million Canadians are directly affected by arthritis, and many of them are young.

"Within a generation," says Dr. Dianne Mosher, president of the Arthritis Alliance of Canada and a Calgary rheumatologist, "the number of Canadians with arthritis will double, to the point that one in four of us will join the ranks of those suffering."

In future, patients will receive care from a team — doctors, nurses, and other experts — all in one clinic.

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- be only taking Ventolin or Airomir on an as needed basis;
- a nonsmoker or previous smoker with a history of less than 10 pack-years (eg.,10 cigarettes or less smoked daily for 1 year or 5 cigarettes or less smoked daily for 2 years);
- meet other criteria

There are 23 to 26 clinic visits over 28 weeks (6.5 months).

The Principal Investigator for this study is Dr. J. Mark FitzGerald.

For more information, contact the study staff at 604-875-5698 (leave name & daytime number) or email lindahui@mail.ubc.ca

Vancouver Coastal Health Research Institute

Tex Mex Chili's lighter side

ROSE REISMAN
for more, visit
rosereisman.com

This is a lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment and you can add diced avocado to the list of garnishes.

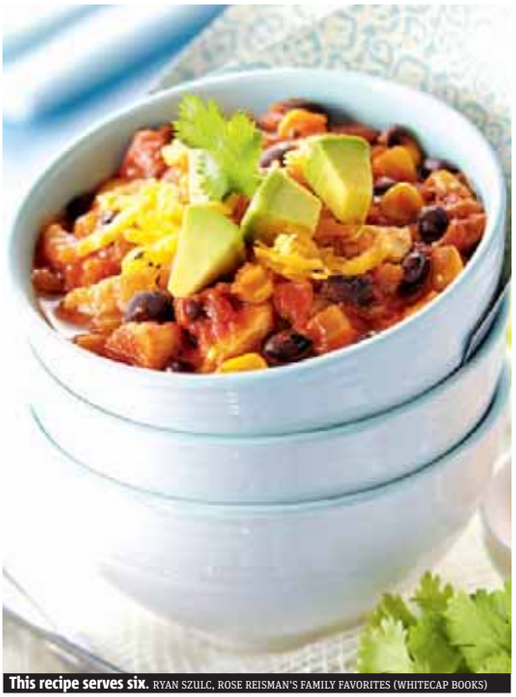
Ingredients

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce
- 3/4 cup chicken (or beef) stock
- 1 tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper
- pinch of salt and pepper
- 1/4 cup chopped cilantro
- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a non-stick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.

2. Respray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.

3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens.



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

4. Serve the Tex Mex chili in bowls, and garnish with cilantro, aged light cheddar cheese and sour cream.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Spice it up!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Here's a fancy new word for you: ORAC value. ORAC stands for the oxygen radical absorbency capacity of a food.

The leading theory in aging and age-related illness is the free radical damage that occurs when cells turn over during the normal course of taking care of their business.

Adding high ORAC foods is your best defence to reduce that damage and fight aging and illness.

Dark leafy greens, green tea and intensely coloured fruits are great but go beyond with the top six spices that have been shown to do the trick.

1. Cloves
2. Cinnamon
3. Rosemary
4. Oregano
5. Thyme
6. Turmeric

Most of these are in your pantry and you likely use them once a week (turmeric is in curry powder), but you'd be wise to work them all in daily.

Add cloves and/or cinnamon to your morning coffee, any type of yogurt or oatmeal.

Add fresh or dried herbs like rosemary, oregano and thyme to every soup or salad you have for lunch. They can also be added to pasta sauce.

If you are not a curry lover, think about turmeric capsules in your morning handful of supplements.

What's one more?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Dig your heels in: You too can win a battle against the big banks

Alison's Money Rule.
If you feel something is unfair at your financial institution, put up a fight!

YOUR MONEY
Alison Griffiths
money@metronews.ca

I won! Maybe you can't fight city hall but you can fight battles (and sometimes win) against the financial services industry. Here's the back-story.

My dear old Dad died in January at 89. I am his executor. Because the estate was less than $25,000 in total, there was no need to probate the will.

Dad had a couple of bank accounts, a Registered Retirement Investment Fund (RRIF) and a small investment account at Canadian ShareOwner Investments Inc. (CSI) where he liked to dabble in the stock market.

Dad also had a bunch of pensions and a small life insurance policy. The pension and insurance people were cooperative and prompt as I went through the sad process of saying a financial goodbye to my father.

It might take months to fight, but don't let the financial services industry get away with errors. ISTOCK IMAGES

I expected the same from CSI, RBC, CIBC and TD Canada Trust. Au contraire. There isn't enough room here to outline all the time wasting mistakes, roadblocks, and bafflegab I experienced.

The institutions all had notarized copies of the will, death certificate, witnessed proof of my identity and a letter of direction from me, the executor, about what I wanted done with his accounts.

Even so, I was asked to sign and have notarized various "internal" affidavits in order to close any of his accounts or make transactions. CIBC refused to open an estate account because my father did not bank there, though I have for over 30 years. I could have gone to RBC where my father banked but after four significant errors, including an unauthorized $8,000 debit which took time and energy to reverse, I wasn't going near the place.

What are probate fees?

Probate fees are imposed by the court and vary by province. Assets such as RRSPs and insurance are not included in the fee calculation.

My lawyer, who specializes in estates, made it clear that CIBC had no legal grounds to refuse me, and the so-called "required" affidavits were not necessary. A follow up with the Solicitor General's office confirmed his information.

I dug in my heels. It took nearly four months to go up the various ladders. I could have given in but the patriarchal and intransigent attitudes in the financial industry got me fighting mad. In the end, I won. The banks and the Canadian ShareOwner acquiesced. The latter even waived a $150 fee.

The moral of the story is this: If you feel something is unfair at your financial institution, put up a fight — you might win.

Hey friend, you're busting my budget

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I have to agree with The Beatles that "The best things in life are free" including the richness we find in our relationships with friends and family members. But, for many Canadians, money is often spent to experience relationships — dinners, parties, coffees, gifts, travel and more.

Have you ever wondered what it costs to have friends?

I started thinking about this last week as I embarked on medical treatment that will ultimately heal my dislocated jaw resulting from a random hiking accident.

For the next few months I won't be able to enjoy dinners at restaurants or workout classes — both activities cost money and involve hanging out with my pals.

In one short week I've saved $100 because I've had to find other activities to do with my friends which involve eating at home, low-impact exercise like walking and renting movies rather than going out to a theater.

What do you spend to maintain your relationships? Could you be more frugal without compromising your friendships?

According to a poll conducted in July by Coupon Cabin, 20 per cent of respondents have felt pressured to keep up with friends in terms of spending on things like homes, cars, clothes, dining, travel and more. Nineteen per cent of respondents spend $500 or more per year on gifts and nearly 20 per cent have had to 'break up' with pals because of money related issues.

If you're social life is busting your budget try these suggestions. Host pot-luck dinners and BBQs rather than eating at restaurants. Schedule coffee 'dates' rather than lunch. Pull out your dusty board games or old movies and entertain at home. If you like getting active, select free activities like walking, hiking, biking, running, football, baseball, or other sports. Take advantage of group discounts through online coupon sites like Groupon.

I'm not trying to suggest that you get rid of your friends so that you can save money.

Rather, as you invest time in enriching your relationships, inspire frugality amongst your friends.

Denting cars

And that's why you always leave a note!

What is the correct etiquette when my kids fling open their car doors and damage/dent the car next to me? Can I please just ignore it and tell my kids to never do that again, or do I seriously have to write a personal note and pay for the damage?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well I suspect you know my answer, especially since I just bought a brand new car two weeks ago.

Ask yourself: What is the right thing to do? ISTOCK IMAGES

Yes if your kids dent a door you should leave a little note, and do your best to teach your kids to be careful.

Now I know lots of you will write and say, just don't worry about it; dents and scratches happen all the time and nobody leaves a note. But remember, your question was "what is the correct etiquette?" Now what do most people do? They pretend they did not see what they did, close their own car door and walk away! So my final word is just do your best to be careful, but remember little scratches and accidents do happen, and this is life.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

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culturedays

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TERMINAL CITY GLASS PHOTO

GET YOUR CULTURE ON

One of the biggest cultural events in Canada is happening in your neighbourhood Sept. 28-30. Culture Days is a Canada-wide celebration of culture in every form you can think of — and in many forms you never imagined.

Want to find out what it's like to be a Cantonese opera singer? Culture Days has it. Yearn to learn about stage and set design? Come on down. Interested in watching a demonstration of how to make edible art using sugar? Yup. And every event is free.

Only in its third year, the festival already has a 350-event program in B.C. (up 100 from last year). Of those, 230 events will be held in Metro Vancouver, each put on independently by an artist or cultural organization.

"The festival provides a platform for communities and organizations across Canada to celebrate their own expression of culture. It's about giving creators and cultural organizations the spotlight," says Tamara Leigh, regional Culture Days co-ordinator for B.C.

Cultural participants can be sculptors, dance troupes, theatre companies, writing groups — the list goes on. The events are just as diverse.

Professional songwriters will be working with amateurs to write music, with help from the audience, at Writers Connect Vancouver. Dance studios will be offering free hip-hop, ballet and tango lessons. The largest glass-blowing studio in Canada, Robert Held Art Glass, will be giving a live demonstration.

Find something that you have always wanted to learn about, or try something completely new.

"People are invited to participate in events that will take them behind the scenes, to interact and explore the creative process in a way that's meaningful to them," Lucille Pacey, president and CEO of Arts Umbrella and chair of the B.C. Culture Days Task Force, said in a press release.

Go to culturedays.ca to find events and plan your weekend with the Bright Spots calendar.

GET INVOLVED

AS AN ARTIST

- Culture Days is a perfect opportunity to share what you are doing with the community. Register free, interactive cultural events or performances at culturedays.ca.
- Events that are already underway can also be registered.

AS A VISITOR

- Lots of events are happening around Metro Vancouver each day, Sept. 28-30. Make a day or weekend of it!
- Go to culturedays.ca to plan your expedition.
- Search by region or type in your postal code and the guide will show you a map marked with events going on in your area.
- Use the Bright Spots schedule, the online scheduling tool for Culture Days, to keep track of the events in which you are interested.

ONLINE

- Enter to win culture-themed prizes from the CBC by submitting your photo showing what culture means to you: cbc.ca/bc/culturedays.
- On Twitter, tweet @culturedays and complete the statement #Culture is _____ to me. Join the conversation!

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EVENT HIGHLIGHTS

VANCOUVER

WHAT: *Imagined Community: Walking Tour on Granville Island.* Visit different local artists' studios, learn about contemporary craft, participate in Imagined Community.
WHO: Craft Council of B.C.
WHEN: Friday, Sept. 28. 4-6:30 p.m.
WHERE: 1386 Cartwright St., Granville Island

SARAH HAGEN PHOTO

WHAT: *Terminal City Glass Co-op Open House.* Watch glass-blowers create amazing works of art in a glass arts studio. Learn about glass as an art medium and find out how you can learn to make your own blown glass art.
WHO: Terminal City Glass Co-op
WHEN: Saturday, Sept. 29. Noon to 4 p.m.
WHERE: 1191 Parker St.

RICHMOND

WHAT: *Green Screen Drop-in at Richmond Media Lab.* Learn how a "green screen" works with a live video demonstration. Bring a camera to snap a few photos of yourself exploring some unlikely places.
WHO: Richmond Youth Media Program
WHEN: Saturday, Sept. 29. Noon to 4 p.m.
WHERE: 7700 Minoru Gate

WHAT: *Under the Rafters: A Behind-the-Scenes Tour of the Cannery.* Guaranteed to delight, join this extra special tour and learn more about the hidden places, spaces and smells of the Gulf of Georgia Cannery.
WHO: Gulf of Georgia Cannery Society
WHEN: Friday, Sept. 28 to Sunday, Sept. 29. See website for times.
WHERE: 12138 Fourth Ave.

NORTH & WEST VANCOUVER

WHAT: *Upcycling: A Workshop on Crafting with Recycled Materials.*
WHO: North Vancouver City Library
WHEN: Saturday, Sept. 29. 1:30-3 p.m.

KLOSHE'NEM PHOTO

WHERE: 120 West 14th St., N. Vancouver

WHAT: *Wishful Thinking 101 with Author Susan Juby.* Juby will read from The Woefield Poultry Collective and discuss the dashed hopes and lowered expectations essential to her comedy writing.
WHO: West Vancouver Memorial Library
WHEN: Saturday, Sept. 29. 10:30 a.m. to noon
WHERE: 1950 Marine Dr., West Vancouver

BURNABY

WHAT: *Shadbolt Celebrates Culture Days.* Participate in a community project with artist Nicole Dextras. Live performances, storytelling, dance, music and magic.
WHO: Shadbolt Centre for the Arts
WHEN: Saturday, Sept. 29. 10 a.m. to 7 p.m.
WHERE: Deer Lake Park at Canada Way and Kensington

SURREY

WHAT: *Chalk it Up to Art.* A festival celebrating chalk art, music and our community. Everyone in the family is invited to add their ideas to a community chalk mural.
WHO: The Shops at Morgan Crossing
WHEN: Saturday, Sept. 29. 1-4 p.m.
WHERE: 101-15765 Croydon Dr.

COQUITLAM

WHAT: *Sarah Hagen, piano, and Megan Skidmore, soprano.* A one-hour musical performance by acclaimed concert pianist Hagen with guest, soprano Skidmore.
WHO: Evergreen Cultural Centre
WHEN: Sunday, Sept. 30. 3-4 p.m.
WHERE: 1205 Pinetree Way

Midnight's Children (Canada/India, 148 min.)
Salman Rushdie did not just give Canada's Deepa Mehta (*Water*) permission to adapt his epic novel—he wrote the screenplay and supplied the first-person narration! The story of Muslim and Hindu babies—born at midnight on Aug. 15, 1947, the day of India's independence from Great Britain—switched at birth conjures images and characters as rich and unforgettable as India herself.
Thu. Sep 27, 6:30 pm, Vogue
Fri. Sep 28, 2:00 pm, Vogue
Wed. Oct 3, 9:00 pm, Vogue

Rust and Bone (France/Belgium, 120 min.)
Jacques Audiard follows up his electrifying *Un prophète* with this tender/brutal Côte d'Azur-set drama featuring the rising star Matthias Schoenaerts (*Bullhead*) and Marion Cotillard (*La vie en rose*). He's a damaged boxer with a young son in tow and she's a whale trainer at Antibes' Marine Land who, after suffering a shocking accident at work, allows him into her life.
Thu. Sep 27, 11:30 am, Granville 7
Sat. Sep 29, 6:30 pm, Granville 7
Sat. Oct 6, 3:15 pm, Granville 7

No (Chile/USA/France, 117 min.)
Gael García Bernal is superb as an advertising whiz who masterminds the "No" campaign against General Pinochet's continued rule of Chile in Pablo Larrain's period-perfect and very moving drama. "Weirdly funny and rousing, both intellectually and emotionally... the nightmare legacy of the coup d'état [is] vanquished by a brilliant coup de théâtre."—*New York Times*
Thu. Sep 27, 6:00 pm, Granville 7
Mon. Oct 1, 1:00 pm, Granville 7
Thu. Oct 4, 10:30 am, Granville 7

Any Day Now (USA, 97 min.)
Alan Cumming and Garret Dillahunt turn in stellar performances in this 70s-set account of a gay couple's struggles to overcome prejudice and adopt a developmentally disabled teenager. Travis Fine's stirring drama "packages heartfelt sentiment in foul wry observations by Cumming that would make John Waters proud."—*Screen*. Winner, Audience Award: Narrative, Tribeca 2012, Audience Award for Best Film, Seattle 2012.
Fri. Sep 28, 12:45 pm, Granville 7
Sat. Oct 6, 11:00 am, Vancity Theatre
Mon. Oct 8, 9:30 pm, Granville 7

As Luck Would Have It (Spain/France/USA, 98 min.)
When a freak accident leaves Roberto impaled on a metal rod, he can't believe his good fortune. Without ever leaving the accident scene, he becomes an instant celebrity. Abetted by a brilliant Salma Hayek as Roberto's principled wife, Spain's leading satirist Álex de la Iglesia outrageously lampoons our society's willingness to sell our dignity to the highest bidder... or anyone with exact change.
Sat. Sep 29, 3:45 pm, Granville 7
Mon. Oct 1, 6:45 pm, Granville 7
Sat. Oct 6, 10:30 am, Granville 7

Antiviral (Canada/USA, 112 min.)
Brandon Cronenberg's (yes, son of that Cronenberg) debut is set in a dystopian near future in which obsession with celebrity has reached such neurotic levels that fans get themselves injected with viruses and diseases that once lived inside their idols... Amazingly controlled and confident for a first film, *Antiviral* marks Cronenberg the younger as one to watch.
Sat. Sep 29, 9:30 pm, Granville 7
Sun. Sep 30, 2:20 pm, Granville 7

Laurence Anyways (Canada/France, 159 min.)
Director Xavier Dolan (*I Killed My Mother*, VIFF 09) delivers a stunning love story set in 90's Montreal. Over a decade, transsexual Laurence (Melvil Poupaud) and his girlfriend Fred (Suzanne Clément) struggle to hold on to each other. Rendered with Dolan's irresistible panache, this is an epic tale about love and identity.
Fri. Oct 5, 9:30 pm, Granville 7
Sun. Oct 7, 1:30 pm, Granville 7

INFORMATION
VIFF.ORG
Film Infoline:
604-683-FILM

BOX OFFICE
ONLINE: VIFF.ORG
BY PHONE: 604-685-8297
(Noon – 7 pm)
IN-PERSON:
Vancity Theatre
1181 Seymour Street
(at Davie) (Noon – 7 pm)

TICKETS
Adult $13
Weekday Matinee $11
Student (18+) $11
Senior (65+) $11

Sports in pictures

1 Tennis. Wozniacki through to Round 2 in Japan

Caroline Wozniacki beat Bojana Jovanovski 6-0, 3-6, 6-4 to advance into the second round of the Pan Pacific Open in Tokyo on Monday.
THE ASSOCIATED PRESS

2 Soccer. Terry's racism hearing begins

John Terry's racism hearing started on Monday, a day after the Chelsea defender quit England duty in protest of the case being pursued by the Football Association.

Terry was charged by the FA despite being cleared in court of racially abusing Queens Park's Anton Ferdinand during a Premier League match in October.
THE ASSOCIATED PRESS

3 MLB. Nats tighten grip on NL East

The Washington Nationals crushed the Milwaukee Brewers 12-2 on Monday to cut their magic number for winning the NL East to just five games.
THE ASSOCIATED PRESS

NFL. Torn ACL puts Revis's season in doubt

The NFL's top shutdown cornerback likely will be shut down for the season.

Darrelle Revis has a torn anterior cruciate ligament in his left knee that will require surgery, a huge blow for the Jets that leaves coach Rex Ryan without his best defensive player.

A sombre Ryan stopped short of ruling Revis out for the season Monday, saying he just learned of the MRI results. But Revis will have to wait two or three weeks before surgery, Ryan said, and the recovery from an ACL tear is usually six to nine months. So the chances of Revis returning this season appear extremely slim.
THE ASSOCIATED PRESS

Quoted

"It's something we have to overcome as a football team.... We're going to lose that presence."
Jets coach Rex Ryan on Darrelle Revis's injury

NHL. Oilers eye Seattle for possible relocation

With plans for a new arena in doubt, the Edmonton Oilers say they are considering a move to Seattle.

Oilers owner Daryl Katz, team president Patrick LaForge and Kevin Lowe, president of hockey operations, are in Seattle for meetings about a possible relocation to the city.

The Oilers said in a statement that while they hope to reach a deal with Edmonton on a new arena, the team is also listening to proposals from a number of potential markets.

Seattle city council approved hedge-fund manager Chris Hansen's plan for a $490-million US arena Monday that both sides hope will host an NBA and NHL team in the future.

The Oilers and the City of Edmonton had agreed on plans for a proposed $475-million cost-shared arena that would begin construction early next year.

But the arena and the Oilers' future in the city were thrown into doubt this month when the team told councillors it wanted millions of dollars in new concessions from taxpayers.
THE CANADIAN PRESS

NHL labour talks stuck in neutral

NHL. Commissioner Bettman, Donald Fehr expected to be in contact Monday night

A face-to-face meeting between top officials from the NHL and NHL Players' Association wasn't enough to break their labour stalemate.

The sides spent almost five hours together Monday going over accounting for last season, but didn't emerge with any plan to resume collective bargaining talks. The topic wasn't even raised, according to representatives from each camp.

Nine days into the lockout, negotiations remain on hold with the owners and players entrenched in their positions.

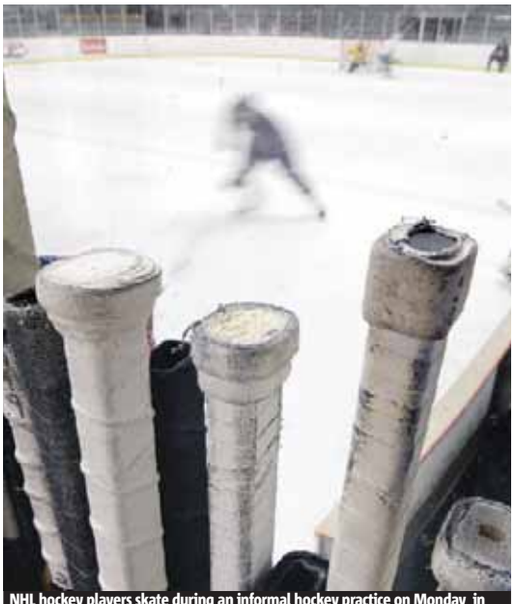
"Obviously, we've got to talk before you can get a deal, so I think it's important to get the talks going again," said deputy commissioner Bill Daly. "But you also have to have something to say. I think it's fair to say we feel like we need to hear from the players' association in a meaningful way because I don't think that they've really moved off their initial proposal."

Steve Fehr, NHLPA's special counsel, declined comment.

Neither NHLPA executive director Donald Fehr or commissioner Gary Bettman attended the meeting. But the two men were expected to take in an NHL alumni dinner Monday night where Daly suggested they may discuss resuming talks. THE CANADIAN PRESS

Quoted

"I think the league is waiting for us to make the move, and we're waiting for them to move. So someone has to move. And I don't see it coming from our end." **Red Wings forward Danny Cleary,** predicting a prolonged lockout to the Detroit Free Press on Monday



NHL hockey players skate during an informal hockey practice on Monday in Amherst, N.Y. DAVID DUPREY/THE ASSOCIATED PRESS

Jays finally lift Romero to victory

Jays starter Ricky Romero throws in Baltimore on Monday.
THE ASSOCIATED PRESS

It didn't come easy for Ricky Romero as nothing has in this awful season, but his record-breaking losing streak is finally over.

The Blue Jays' one-time ace earned his first win in more than three months on Monday, snapping his league-worst and franchise-record 13-game losing streak, as Toronto defeated the Orioles 9-5 in the second half of a doubleheader in Baltimore.

Romero, who last won on June 22 in Miami, has Anthony Gose and J.P. Arencibia to thank.

Monday's game

Blue Jays	Orioles
9	5

The former preserved the Jays lead in the sixth by throwing out the potential tying run at home, while the latter cranked the second grand slam of his career to blow the game open in the seventh.

But the truth is, Romero's performance only provided further proof that a pitcher's win-loss record is deceptive and an inaccurate indicator of his actual performance.

Romero has pitched far better in games he lost.

He was not good on Monday, giving up four runs on eight hits and four walks through five innings, plus three batters in the sixth.

Baltimore, which holds the AL's first wild-card spot, won Monday's first game 4-1. They are 1.5 games behind the Yankees for first in the AL East.
TORSTAR NEWS SERVICE

4 SPORTS

Mobile sports

Cricket

The Ryder Cup is heading to Chicago for the first time and Luke Donald is the only player who can call the Windy City home. There's only one catch — Donald is English.

Seattle Seahawks wide receiver Golden Tate, bottom, wrestles with Green Bay Packers cornerback M.D. Jennings for the ball after a Hail Mary pass on the final play of the game in Seattle on Monday night. OTTO GREULE JR/GETTY IMAGES

Seahawks emerge victorious after disputed final play

NFL. Controversial end to high-profile game sure to fuel debate about replacement refs

Monday's game

Seahawks	Packers
14	12

In a bizarre ending that capped a tough weekend for replacement officials, the Seattle Seahawks beat the Green Bay Packers 14-12 on Monday night.

Russell Wilson threw a disputed 24-yard touchdown pass to Golden Tate on the final play of the game, a game that finally ended 10 minutes later when both teams were brought back on the field for the extra point.

Wilson scrambled from the pocket and threw to the corner of the end zone as the clock expired. Tate shoved Green Bay's Sam Shields out of the way, then wrestled with M.D. Jennings for possession. It was ruled on the field as a touchdown and after a lengthy review, referee Wayne Elliott came out from under the hood and announced "the ruling on the field stands" and CenturyLink Field erupted in celebration.

It was nearly 10 minutes before the teams were brought back for the extra point.

The final decision is only going to fuel debate about the replacement officials coming off a weekend filled with disputed calls.

None will be debated more than this one. Seattle (2-1) won its second straight, while Green Bay (1-2) saw its streak of wins in six straight road openers snapped.

Wilson's heave came at the end of a final frantic drive after Seattle had previously missed on a fourth-down attempt from the Green Bay 7 with two minutes left. The turnover on downs appeared to end Seattle's hopes and cap an impressive second-half comeback by the Packers and Aaron Rodgers, who was sacked eight times — all in the first half.

Wilson took the final snap with eight seconds remaining. He appeared to be looking for Rice on the right side of the end zone, but rolled left and threw for Tate, who was in a crowd of three Packers defenders. His shove off a defender was obvious and it was never clear who had possession between Tate and M.D. Jennings.

Seattle instantly celebrated while the Packers argued with anyone in a striped shirt. Both teams were eventually shoved to the sidelines as Tate stomped through the end zone in celebration. Following the review, Elliott's announcement sent the stadium into delirium.

THE ASSOCIATED PRESS

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Horoscopes

Aries
March 21 - April 20
Keep things in perspective and resist the urge to get emotional today. Partnership issues may be challenging but they are not half as bad as they seem. Everything will work out for the best in the end.

Taurus
April 21 - May 21
Put your affairs in order today. The more you do now, the less you will have to do towards the end of the week and that means you will have more time for what you really enjoy. Make the effort.

Gemini
May 22 - June 21
Saturn remains in the most dynamic area of your chart only until Oct. 5, so if there are things you still need to do, get on with them now. Don't look back one day and regret what might have been.

Cancer
June 22 - July 23
Times may be tough in more ways than one but the long-term prognosis is extremely good, so cheer up. Today you should patch up your differences with a relative or friend. You still have so much in common.

Leo
July 24 - Aug. 23
A brilliant idea will take hold in your mind today, the kind of idea that could transform your existence on every level. Don't let it get away from you. Find ways to act on it straight away.

Virgo
Aug. 24 - Sept. 23
You need to admit, if only to yourself, that the reason something has gone wrong is because your methods were impractical. You should have recognized that fact before but better late than never. Now, do it right.

Libra
Sept. 24 - Oct. 23
You must not let anyone or anything divert you from the important task you have set yourself. Some say Libra is the most indecisive of all the signs. Now is your chance to prove the critics and doubters wrong.

Scorpio
Oct. 24 - Nov. 22
It is a complete waste of time worrying about things over which you have no control. Focus your mind on good thoughts only today and you may be surprised just how many of your dreams start coming true.

Sagittarius
Nov. 23 - Dec. 21
You have been trying too hard to get along with someone at work. The more you try to impress them, the more they make life difficult for you. Give up on it. They are not worthy of your friendship.

Capricorn
Dec. 22 - Jan. 20
Over the past few months, you have put a lot of effort into your work and now the rewards are coming at you from all directions. Don't let anyone tell you that you do not deserve it. You do.

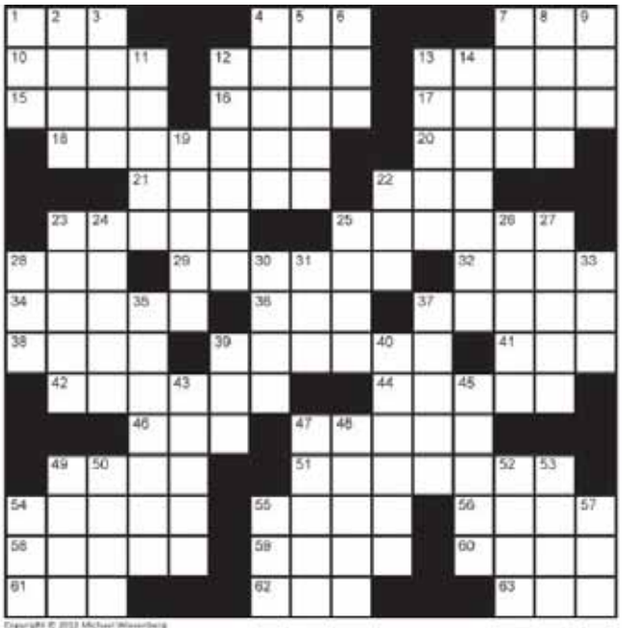
Aquarius
Jan. 21 - Feb. 19
Whatever life throws at you over the next few days, you will find ways to deal with it. In fact, by the time the moon is full on the Sept. 30, you will be operating on a higher level. Nothing can faze you.

Pisces
Feb. 20 - March 20
You need to make some kind of commitment, one that will tie you down to pursuing a specific aim for the next six months or so. Yes, it's good to be free but freedom needs to be earned like everything else.

SALLY BROMPTON

Solver's Delight

BY MICHAEL WIESENBERG



Across

1. Tampa's state: abbr.
4. *Dracula* creature
7. ___ constrictor: python relative
10. The Kinks' biggest hit
12. Melange
13. Dry heat bath
15. One with a computer
16. Curve
17. 43,560-square-foot units
18. Symbol of regal power
20. Ardent admirers
21. Egyptians and Iraqis
22. Bill's "excellent adventure" partner
23. Correct, as a stitch
25. Conservative Party
28. Nickname for someone from Houston or Dallas
29. Expensive dark-brown furs
32. Andy's 1950s radio partner
34. Not according to plan
36. Cherry tree chopper
37. Be affected at night by a blocked airway
38. Toronto-based "Tom Sawyer" group
39. Part of PEI
41. Golf stand
42. Calgary's NHL team, familiarly
44. Go into
46. "___ the season to be jolly"
47. ___ Carlo: Monaco's capital
49. Marching musicians
51. Where to find 12-Down
54. Sea squalls
55. Fly like eagles
56. Identical
58. Computer warning
59. Great Lake
60. Let out
61. Gender
62. Part of kph or mph
63. Consumed

Down

1. Ague cousin
2. Defeat
3. Sir ___ Guinness of film
4. Book jacket advertisement
5. Buenos ___, Argentina
6. 2,000 pounds
7. Combust
8. Singles
9. Small batteries
11. Geometric computations
12. Parliament's home
13. Toronto-born *60 Minutes* regular Morley
14. Early French Canadian
19. Activate, as an elevator button
22. How-___: instruction manuals
23. Uncle ___: Joel Chandler Harris character who told stories about Brer Rabbit, Brer Fox, etc.
24. Have real being
25. MTV viewer
26. Overact
27. In more pain
28. Asphalt
30. Nanaimo ___: distinctive Canadian treats
31. 61 in Roman numerals
33. Observe
35. Montreal-born *Star Trek* star William
37. *I ___ Letter to My Love:* Melissa Manchester's romantic musical (2 wds.)
39. Abbr. at the end of a letter signalling a second afterthought
40. Shopping ___: mall
43. In the ___ of: among
45. To the point
47. Roger ___: Bond player
48. Sign seen during broadcasting outside a broadcasting studio (2 wds.)
49. Christian of the *Dark Knight* series
50. Ontario-born *Jeopardy!* host Trebek
52. Simon and Garfunkel's "___ Rock" (3 wds.)
53. Bypass
54. Alberta export
55. End-of-summer mo.
57. Quebec summer

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		7	8		9	4		5
		4	3		7	9		
	3						6	
			4		2			
4								8
			6		3			
	4						8	
		9	5		4	1		
5		6	1		8	2		3

Yesterday's Sudoku

1	2	7	9	5	6	4	8	3
6	8	3	1	2	4	9	7	5
5	9	4	7	3	8	1	2	6
9	5	8	2	4	1	3	6	7
4	6	2	5	7	3	8	1	9
3	7	1	6	8	9	5	4	2
2	3	6	4	1	5	7	9	8
8	4	9	3	6	7	2	5	1
7	1	5	8	9	2	6	3	4

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